

2025 Yoga Class Schedule

Saturdays 10 am Noon

Margot's Yoga Shala, Longmont

February 15th Connection & Support

Honoring our need for connection/support

Joy, laughter & connection – A Partner Yoga themed class

April 5th New Beginnings

Creating our Sankalpa and infusing it with energy

June 7th The Art of Sun Salutations

Devotional practice to go within to appreciate our inner Light

August 9th Finding Balance

Marrying breath and movement to create an expansive experience

October 18th Moving Inward

Finding our inner peace through witness consciousness

December 6th Namaste

Bowing to the Divine in ourselves & others. Celebrating our lives together this year

\$25/class

Please remember space is limited please RSVP

Staceydee1111@msn.com or text 303-507-6844